

DURHAM PARKS AND RECREATION
AQUATICS

LEARN-TO-SWIM PROGRAM



HANDBOOK



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WELCOME TO DPR

Durham Parks and Recreation Aquatics is comprised of five aquatic facilities: two indoor, year-round pools and three outdoor, seasonal pools. DPR is an “Authorized Provider” of the American Red Cross, offering their “Swimming and

DPR provides opportunities to “Play More” for all individuals and families, regardless of race, color, religion, sex, national origin or ability level. DPR strives to make its programs, services, and facilities accessible. If you need more information or support, please call 919-560-4355.

Water Safety” programs. Learn-to-Swim lessons are offered at both indoor facilities: the Campus Hills Pool and the Edison Johnson Aquatic Center. Program sessions are held on a year-round basis.

Other DPR activities and programs held at our aquatic facilities include: water exercise classes, lifeguard certification courses, lap swimming, and special events. Individuals and groups may rent space for

birthday parties, swim practices, recreational swimming, and aquatic training. Inquire at the front desk for more information!

LEARN-TO-SWIM!

In 2007, there were 3,443 fatal unintentional drownings in the United States, averaging 10 deaths per day. More than one in five fatal drowning victims were children, ages 14 and younger. For every child who died from drowning, another four received emergency care for nonfatal submersion injuries.

The American Red Cross Swimming and Water Safety program combines the best in swim instruction with a strong emphasis on water safety. Courses are available for all ages and skill levels. Learning to swim not only enhances your child’s safety, it also provides him/her with a lifetime skill for health and fitness.



Each “Learn-to-Swim” level for children has a water safety portion that is developmentally appropriate. The safety topics covered are: how to stay safe around aquatic environments, identifying the lifeguards, lifejacket safety, how to call for help, sun safety, and how to recognize an emergency.

Source: <http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>

DPR FACILITIES

Edison Johnson Aquatic Center

500 West Murray Avenue, Durham, NC 27704

Phone: (919) 560-4265



Monday – Thursday

6 a.m. – 8 p.m.

Friday 6 a.m. – 7:30 p.m.

Saturday 9:30 a.m. – 5 p.m.

Sunday 1 p.m. – 5 p.m.

The Edison Johnson Aquatic Center is located next to the Edison Johnson Recreation Center. The pool has eight 25-yard lanes. The depth ranges from 3.5 feet to 9 feet. There is a “zero depth” ramp, as well as a lift, to assist patrons in entering and exiting the water. A wheel-chair designed for water access is available.

Campus Hills Pool

2000 South Alston Avenue, Durham, NC 27707

Phone: (919) 560-4444



Monday – Thursday

6 a.m. – 8 p.m.

Friday 6 a.m. – 7:30 p.m.

Saturday 8 a.m. – 5 p.m.

Sunday 1 p.m. – 5 p.m.

The Campus Hills Pool is located in the I.R. Holmes, Sr. Recreation Center. The pool has eight 25-yard lanes. The depth ranges from 3 feet to 7 feet. There is a dry, accessible ramp, as well as a lift, to assist patrons in entering and exiting in the water.

GENERAL PROGRAM INFORMATION

COURSE FEES

		City Resident		Non-City Resident	
Class Level	Classes per Session	Play More Card*	Non-Play More Card	Play More Card*	Non-Play More Card
Parent-Tot	8	\$42	\$46	\$52	\$56
Preschool	8	\$42	\$46	\$52	\$56
Youth	8	\$47	\$52	\$57	\$62
Adult	8	\$47	\$52	\$57	\$62

*DPR PLAY MORE CARD

Participants may purchase a “Play More card” which gives them a discounted rate on programs. The card is renewable annually. Play More cards are available at all DPR Recreation Centers. The fee for an “Individual” Play More card is \$20 for city residents and \$25 for non-city residents. “Two-party” Play More cards are \$35 for residents and \$45 for non-city residents. A “Teen” Play More card is \$10 for city residents and \$12 for non-city residents.

SESSIONS & REGISTRATION DATES

Evening lessons are held two times per week (Mon/Wed and Tues/Thurs) for 4 weeks. Weekday morning lessons are held four times per week (Mon -Thurs) for 2 weeks. Saturday morning lessons are offered in 8-week sessions. Registration is generally held at least 2 weeks in advance of each session. Specific registration and session dates can be found on the City’s website: www.DPRPlayMore.org

REGISTRATION PROCESS

To sign up for DPR swim lessons, you must register in advance at either the Campus Hills Recreation Center or the Edison Johnson Aquatic Center. To be entered into the registration software system, you must fill out a short questionnaire (this is only done once). Payment is due at the time of registration.

ACCEPTABLE FORMS OF PAYMENT

DPR accepts Visa, Master Card, and Discover. Checks and cash are also accepted. Please make sure you have your driver’s license available when paying with a credit card or check.

WAITING LIST

If the class that you desire is full, your name will be added to the waiting list at no cost. If cancellations occur, persons on the waiting list will be called, in order, and given the opportunity to enroll. You may also check availability of classes at the other DPR indoor aquatic facility.

INCLEMENT WEATHER POLICY

In the case of inclement weather, the indoor pools will close for 20 minutes for thunder and 30 minutes for lightning.

If inclement weather occurs during the scheduled time of your swim lesson, dry land activities focusing on American Red Cross safety topics will be led by the instructor.

If inclement weather occurs for a second time during a session of swim lessons, a make-up lesson will be scheduled. Make-up lessons are generally held on Fridays, at the same time as your regular lesson. Your instructor will provide you with information about the make-up lesson.



In the event that a lesson must be cancelled in advance, we will contact you by phone. If you provided an email address during the registration process, we will email you as well.

REFUND POLICY

Refunds are issued only if Durham Parks and Recreation cancels your session of lessons due to insufficient enrollment or other unforeseen reasons. Refunds are not issued for lessons missed due to illness, going out of town, forgetting to attend, etc... There are no make-up class options for individuals who miss class for personal reasons.

PROGRAM FEE WAIVER

“Program Fee Waivers” are available to anyone receiving support through the Durham County Department of Social Services (DSS) and may be used for most DPR programs, including Learn-to-Swim lessons.

Program Fee Waiver applications are available at the DPR Main Office, recreation/aquatic centers, and on the City’s website: www.DPRPlayMore.com. The form explains the application process and provides additional information.

The number of fee waiver registrations accepted per class is based upon 10% of the class’ maximum enrollment size.

LEARN-TO-SWIM LEVELS

Parent/Child Program (Ages 6 months—3 years)

The American Red Cross “Parent and Child Aquatics” program familiarizes young children (from ages 6 months to 3 years) with the water and prepares them to learn to swim in the American Red Cross Preschool program. It is not designed to teach children to become proficient swimmers or to survive in the water on their own. “Parent and Child Aquatics” gives the parent safety information and teaches them techniques to help orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. These courses offer a unique bonding experience for parents and children.



The goals of **Level 1** are to provide experiences and activities for children to:

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- Explore submerging to the mouth, nose, and eyes and completely.
- Explore buoyancy on the front and back positions.
- Change body position in the water.
- Learn how to play safely.
- Experience wearing a U.S. Coast Guard-approved life jacket.

Level 2 builds upon the skills learned in Level 1. The goals of **Level 2** are to provide experiences and activities for children to:

- Learn more ways to enter and exit water in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform a combined stroke on the front and back with assistance.
- Change body position in the water.
- Experience wearing a U.S. Coast Guard-approved life jacket in the water.
- Establish an expectation for adult supervision.

Preschool Program (Ages 4 and 5 years)

American Red Cross Preschool Aquatics, consisting of three levels, is an integral part of the overall Red Cross instructional aquatic and water safety program. The primary objective of Preschool Aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children 4 and 5 years of age. Skills are grouped into aquatic and water safety categories in the following way:

- Water Entry and Exit
- Buoyancy
- Breath Control and Submerging
- Changing Direction and Position
- Treading
- Swim on Front and Back
- Water Safety



In **Preschool Level 1** the participants will learn the following:

- Enter and exit the water independently using a ladder and the side of the pool.
- Blow bubbles through their mouth and nose while submerging their mouth, nose, and eyes for at least 3 seconds.
- Open their eyes under water and retrieve a submerged object at least two times during a class period.
- A front and back glide with support for at least 3 seconds, recover from a front glide with support, and stand up with support.
- Roll from front to back and back to front with support
- Tread water with support in chest-deep water.
- Simultaneous and alternating leg and arm action on front and back with support for at least two body lengths.

Exit checklists for Level 1

All Preschool Aquatics Level 1 skills can be performed with support. Enter independently, using either the ladder, steps, or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

Preschool Level 2 (Ages 4 and 5 years)

In **Preschool Level 2** the participants will learn the following:



- Stepping into shoulder-deep water with assistance. They must also demonstrate how to enter and exit the water independently using a ladder and the side of the pool.
- Blow bubbles through their mouth and nose while submerging their mouth, nose, and eyes at least 3 times. They must also be able to open their eyes under water and retrieve a submerged object at least two times during a class period in chest deep water.
- Front and back float with support and assistance for at least three seconds, demonstrate a front glide with support at least two body lengths, recover from a front

glide and stand up with support.

- Roll from front to back and back to front with support
- Tread water with assistance, for at least 5 seconds, in shoulder-deep water.
- Combined arm and leg action on front with assistance for at least three body lengths.
- Finning arm action on back with assistance for at least three body lengths. They must also demonstrate a combined arm and leg action on back with assistance for at least three body lengths.

Exit checklists for Level 2

- All preschool Aquatics Level 2 skills can be performed with assistance
- Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
- Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Preschool Level 3 (Ages 4 and 5 years)

In **Preschool Level 3** the participants will learn the following:

- Jumping into shoulder deep water independently.
- Fully submerge and hold breath independently for at least 5 seconds. Also blowing bubbles through their mouth and nose while submerging their mouth, nose, and eyes at least 5 times in chest deep water.
- Front float, jelly fish float and tuck float independently for at least 5 seconds. Recover from a front float or glide to a vertical position independently.
- Back float independently for at least 15 seconds, back glide independently for at least 2 body lengths, and recover from a back float or back glide and stand up independently.
- Tread water independently, for at least 15 seconds, in shoulder-deep water.
- Combined arm and leg action on front independently for at least five body lengths.
- Finning arm action on back independently for at least five body lengths. Combined arm and leg action on back independently for at least five body lengths.



Exit checklists for Level 3

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

Youth program (Ages 6-12 years)

The American Red Cross Learn-to-Swim Program for youth teaches aquatic and personal water safety skills in a logical progression. It consists of five levels. Throughout the levels, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine different strokes and build endurance.



Level 1

In **Youth level 1** the participants will learn the following:

- Entering and exiting the water independently using a ladder, steps, or side.
- Blowing bubbles through their mouth and nose for at least 3 seconds. Bobbing while submerging their mouth, nose, and eyes at

least 3 times with support.

- Opening their eyes underwater and retrieving a submerged object in shallow water at least two times during the class period.
- Front glide with support at least two body lengths, recover from a front glide or front float and stand up with support.
- Back glide with support, a back float with assistance for at least 3 seconds, and recover from a back glide or back float and stand up with support.
- Tread water using arm and hand actions with assistance in chest-deep water.
- Alternating and simultaneous arm and leg action on front with support for at least two body lengths. Combined arm and leg action on front with support for at least two body lengths.
- Alternating and simultaneous arm and leg action on back with support for at least two body lengths. Combined arm and leg action on back with support for at least two body lengths.

Exit checklists for Level 1

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water.
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position.

Youth Level 2 (Ages 6-12 years)

In **Youth Level 2** the participants will learn the following:

- Entering into the water by stepping or jumping in to shoulder deep water independently. Exit the water using a ladder, steps, or side.
- Front float, jelly fish float and tuck float independently for at least 5 seconds. Recover from a front float or glide to a vertical position independently.
- Back float independently for at least 15 seconds, demonstrate a back glide independently for at least 2 body lengths, and recover from a back float or back glide and stand up independently.
- Roll from front to back and back to front. Change direction of travel while swimming on front and back.
- Tread water independently, for at least 15 seconds, in shoulder-deep water.
- Combined arm and leg action on front independently for at least five body lengths.
- Finning arm action on back independently for at least five body lengths. Combined arm and leg action on back independently for at least five body lengths.

Exit checklists for level 2

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths.



Youth Level 3 (Ages 6-12 years)

In **Youth Level 3** the participants will learn the following:

- Jumping into deep water independently, using a headfirst entry from the side in a sitting position, and a headfirst entry from the side in a kneeling position.
- Bob while moving toward safety at least five times in chest-deep water. Rotary breathing at least 10 times.
- Survival float on front for at least 30 seconds in deep water.
- Back float for at least 30 seconds in deep water.
- Change from a vertical position to a horizontal position on front and back
- Treading water for at least 30 seconds in deep water.
- 5 body lengths, and freestyle for at least 15 yards.
- Elementary backstroke for at least 15 yards.

Exit checklists for level 3

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Youth Level 4 (Ages 6-12 years)

In **Youth Level 4** the participants will learn the following:

- Headfirst entry front the side in a compact position and a headfirst entry from the side in a stride position in water at least 9 feet deep.
- Swim underwater 3-5 body lengths and a feet first surface dive, submerging completely.
- Survival swimming on front for at least 30 seconds in deep water.
- Front crawl open turn and a backstroke open turn.
- Tread water using two different kicks (modified scissors kick and modified breaststroke or rotary kick).
- Swim front crawl at least 25 yards, demonstrate breaststroke at least 15 yards, and butterfly for at least 15 yards.
- Push off in a streamline position and begin flutter kick on for back 3-5 body lengths, push off in a streamline position and begin dolphin kick on back for 3-5 body lengths, elementary backstroke for at least 25 yards, and back crawl for at least 15 yards.
- Sidestroke for at least 15 yards.

Exit checklists for level 4

- Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Youth Level 5 (Ages 6-12 years)

In **Youth Level 5** the participants will learn the following:

- Shallow-angle dive from the side in water at least 9 feet deep. Shallow-angle dive, glide two body lengths and begin any stroke in water at least 9 feet deep.
- Tuck surface dive and a puck surface dive while submerging completely.
- Front flip turn while swimming and a backstroke flip turn while swimming.
- Treading water for 5 minutes.
- Front crawl for 50 yards, breaststroke for 25 yards, and butterfly for 25 yards.
- Elementary backstroke for at least 50 yards, back crawl for 25 yards, and sculling for at least 30 seconds.
- Sidestroke for at least 25 yards.

Exit checklists for level 5

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
- Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

HEALTHY SWIMMING!



- Everyone is asked to shower before entering the pool.
- Please change your child's diaper in the locker room or family changing room and dispose of used diapers appropriately. Changing diapers on the pool deck is not permitted.
- Anyone suffering from diarrhea is not to enter the pool.
- It is important for participants to refrain from swallowing pool water.
- Take your child to the restroom, and wash his/her hands, prior to entering the pool.
- Participants who are not fully toilet trained must wear swim diapers or rubber pants.
- Persons with open wounds and sores on their body are not permitted to enter the water. Band-aids are not to be worn in the pool.



FREQUENTLY ASKED QUESTIONS

Q: What do I need to bring to swim lessons?

A: Please make sure your child has a well-fitting, comfortable swim suit, and a towel. Swim caps are optional, but hair must be secured away from the face. If your child's eyes are sensitive to the water, wearing goggles is an option. Please ensure that they fit properly so they do not become a distraction.

Q: Should I bring “floaties” or a life vest for my child?

A: You do not need to bring a floatation device. Teaching aids called “bubbles” will be provided for your child, if needed, in order to learn new skills with assistance.

Q: What if my child is sick?

A: If your child has a fever, or is experiencing digestive problems, please keep him/her home from the swim lesson.

Q: What if my child cries or is afraid?

A: Overcoming fear is part of swim lessons. Our swim instructors and program managers are knowledgeable, enthusiastic and kid-friendly. If your child is reluctant to enter the pool, ask the staff for assistance. Instructors will encourage your child to join the class in a manner that is responsive to his/her needs. Sometimes tears can have their root not in fear, but in separation anxiety. This is part of the learning process as well. If you feel your child may be experiencing separation anxiety rather than fear of the water, it is best to keep your distance during the lesson. Removing yourself from your child's sight may be necessary. The child will usually calm down when you are out of view, and will be able to focus and rely on the teacher for instruction and help.

Q: Why hasn't my child moved up to the next level yet?

A: The American Red Cross Learn to Swim program is not designed for children to automatically advance after the completion of each session. Children progress at their own pace. It is not unusual for a child to repeat a level several times before they can complete the skills in the exit checklist. Practicing with your child outside of class is one of the fastest ways to help your child advance.

Q: What is the ratio of instructors to students?

A: Parent/child classes have one instructor per 10 parent/child pairs. Preschool classes have one instructor per 5-6 students, depending upon the skill level. Youth classes have one instructor per 6-8 students, also depending upon the skill level.

SWIM LESSON TIPS

- If this is your child's first swim lesson, be sure to talk to him/her beforehand about how fun lessons will be! Bringing your child to the facility to look around before the first day can also increase their comfort level.
- It is important to be on deck and ready to go five minutes before your child's class starts. Your swim lesson instructor will meet you at the bleachers.
- If your child has long hair, please put it into a ponytail or under a swim cap.
- It is best that your child is not very hungry or very full during their swim lessons. We recommend not eating or drinking at least 30 minutes before class.
- Parents are required to sit in the designated "observation area" while attending their children's lessons. It is often beneficial for parents to leave the pool deck, and be out of sight of their children, during the lesson. This helps children focus on their lesson and the instructor.
- Parents are encouraged to talk to the instructor before or after class if they have questions about their child's progress. Also, be sure to ask your child what they learned after their lesson.
- Attending every lesson and completing all levels of the Learn-to-Swim program will ensure that your child has gotten the most out of our program and truly has all of the skills they need to be safe in the water.
- Practice is important! Coming to the pool with your child during recreational swim times to practice what they have learned in class is one of the fastest ways to help your child advance to the next level of the program. Check the schedule at the front desk for recreational swim days and times.
- If you can't make it to the pool outside of class time, use your bathtub at home to practice skills such as blowing bubbles, kicking, getting the face wet, and floating on the back.
- If you are enthusiastic about your child learning to swim, they will be too! If your child senses that you are fearful of having them in the water, they may become fearful as well. Please be encouraging and supportive!

